3. A method as described in claim 1, wherein the composition is formulated in a liquid solution.

4. A method as described in claim 1, wherein the composition is in a form selected from the group consisting of a powder, crystalline and granule.

5. A method as described in claim 1, wherein the composition is administered topically.

6. A method as described in claim 1, wherein the composition is formulated as one of the group consisting of: a cream, ointment, gel, cosmetic lotion and a shampoo.

7. A method as described in claim 1, wherein the *Agaricus blazei* Murill is present in a concentration of at least about 10mg per unit composition.

8. A method as described in claim 1, wherein the *Agaricus blazei* Murill is present in a concentration of between about 10mg and 600mg per unit composition.

9. A method as described in claim 1, wherein the *Agaricus blazei* Murill is present in a concentration of about 100mg per unit composition.

10. A method as described in claim 1, wherein the *Agaricus blazei* Murill is an extract obtained by water extraction.

11. A method as described in claim 1, wherein the *Agaricus blazei* Murill is an extract obtained according to the following steps:

providing whole or particulate *Agaricus blazei* Murill;

extracting the whole or particulate *Agaricus blazei* Murill in hot water to obtain a residue;

extracting the residue in an aqueous solution of ammonium oxalate to obtain an extract;

decomposing the extract in hydrochloric acid;

gel permeating the extract; and

purifying the extract with affinity chromatography.

12. A method as described in claim 10 or 11, wherein the extract is at least one substance selected from the group consisting of: a polysaccharide-glucan, a steroid, a dietary fiber; linoleic acid; ergosterol; nicotinic acid amide; benzoic acid and beta glucans.

13. A method as described in claim 1, wherein the composition is formulated as a pill or capsule.

14. A method as described in claim 1, wherein the composition further comprises other active or inactive ingredients.

15. A method as described in claim 1, wherein the skin disorder is one selected from the group consisting of: neoplasms, melanoma, multicentric primary skin malignancy, and viral skin disease.

16. A method as described in claim 1, wherein the skin disorder is giant congenital melanocytic nevi.

17. A method as described in claim 1, wherein the skin disorder is either a basal cell or squamous cell cancer.

18. A method as described in claim 1, wherein the skin disorder is either mycosis fungoides or Kaposi's sarcoma.

19. A method as described in claim 1, wherein the skin disorder is either viral warts or molluscum contagiosum.

20. A method as described in claim 1, wherein the *Agaricus blazei* Murill is an extract and is extracted at a ratio of about one part *Agaricus blazei* to about 2 to 5 parts aqueous solution.

21. A method as described in claim 1, wherein the composition contains at least about 0.01% *Agaricus blazei* Murill by volume.

22. A method as described in claim 1, wherein the composition contains at least about 0.05% *Agaricus blazei* Murill by volume.

23. A method as described in claim 1, wherein the composition contains at least about 0.05% to about 20% *Agaricus blazei* Murill by volume.

24. A method as described in claim 1, wherein the subject is a domesticated or livestock animal.

25. A method as described in claim 1, wherein the subject is a human being.

26. A method as described in claim 1, wherein the composition is administered at least once daily for between about 10 to about 30 days.

27. A method as described in claim 1, wherein an interval of between about 1 and about 10 days is provided between administrations of the compound.

28. A method as described in claim 1, wherein the composition is formulated into either an animal food or a dietary supplement for animals

29. A method as described in claim 1, wherein the *Agaricus blazei* Murill is in a form selected from the group consisting of: whole, particulate and extract thereof.

30. A method as described in claim 1, wherein the composition comprises *Agaricus blazei* Murill from all four stage of the mushroom lifecycle.

31. A method of preventing and treating an autoimmune disorder comprising the steps of:

providing a composition comprising *Agaricus blazei* Murill; and

administering an effective amount of said composition to a subject.

32. A method as described in claim 31, wherein the composition is administered orally.

33. A method as described in claim 31, wherein the composition is formulated in a liquid solution.

34. A method as described in claim 31, wherein the composition is in a form selected from the group consisting of a powder, crystalline and granule.

35. A method as described in claim 31, wherein the composition is administered topically.

36. A method as described in claim 31, wherein the composition is formulated as one of the group consisting of: a cream, ointment, gel, cosmetic lotion and a shampoo.

37. A method as described in claim 31, wherein the *Agaricus blazei* Murill is present in a concentration of at least about 10mg per unit composition.

38. A method as described in claim 31, wherein the *Agaricus blazei* Murill is present in a concentration of between about 10mg and 600mg per unit composition.

39. A method as described in claim 31, wherein the *Agaricus blazei* Murill is present in a concentration of about 100mg per unit composition.

40. A method as described in claim 31, wherein the *Agaricus blazei* Murill is an extract obtained by water extraction.

41. A method as described in claim 31, wherein the *Agaricus blazei* Murill is an extract obtained according to the following steps:

providing whole or particulate *Agaricus blazei* Murill;

extracting the whole or particulate *Agaricus blazei* Murill in hot water to obtain a residue;

extracting the residue in an aqueous solution of ammonium oxalate to obtain an extract;

decomposing the extract in hydrochloric acid;

gel permeating the extract; and

purifying the extract with affinity chromatography.

42. A method as described in claims 40 or 41, wherein the extract is at least one substance selected from the group consisting of: a polysaccharide-glucan, a steroid, a dietary fiber; linoleic acid; ergosterol; nicotinic acid amide; benzoic acid and beta glucans.

43. A method as described in claim 31, wherein the composition is formulated as a pill or capsule.

44. A method as described in claim 31, wherein the composition further comprises other active or inactive ingredients.

45. A method as described in claim 31, wherein the autoimmune disorder is one selected from the group consisting of: intravascular disorders, immune disorders and neuromuscular disorders.

46. A method as described in claim 31, wherein the autoimmune disorder is selected from the group consisting of: hemolytic anemia, thyroid goiter, Hashimoto's disease, pernicious anemia, type I and II diabetes mellitus and chronic hepatitis.

47. A method as described in claim 31, wherein the autoimmune disorder is selected from the group consisting of: gloerulonephritis, systemic lupus erythematosus and Sjongren's disease.

48. A method as described in claim 31, wherein the autoimmune disorder is selected from the group consisting of: myasthenia gravis and Graves' disease.

49. A method as described in claim 31, wherein the autoimmune disorder is a disease selected from the group consisting of: rheumatoid arthritis, multiple schlerosis and ulcerative colitis.

50. A method as described in claim 31, wherein the *Agaricus blazei* Murill is an extract and is extracted at a ratio of about one part *Agaricus blazei* to about 2 to 5 parts aqueous solution.

51. A method as described in claim 31, wherein the *Agaricus blazei* Murill is an extract and is extracted at a ratio of about one part *Agaricus blazei* to between about 25 to 100 parts aqueous solution.

52. A method as described in claim 31, wherein the composition contains at least about 0.01% *Agaricus blazei* Murill by volume.

53. A method as described in claim 31, wherein the composition contains at least about 0.05% *Agaricus blazei* Murill by volume.

54. A method as described in claim 31, wherein the composition contains at least about 0.05% to about 20% *Agaricus blazei* Murill by volume.

55. A method as described in claim 31, wherein the subject is an animal.

56. A method as described in claim 31, wherein the subject is a human being.

57. A method as described in claim 31, wherein the composition is administered at least once daily for between about 10 to about 30 days.

58. A method as described in claim 31, wherein an interval of between about 1 and about 10 days is provided between administrations of the compound.

59. A method as described in claim 31, wherein the composition is formulated into either an animal food or a dietary supplement for animals

60. A method as described in claim 31, wherein the *Agaricus blazei* Murill is in a form selected from the group consisting of: whole, particulate and extract thereof.

61. A method as described in claim 31, wherein the composition comprises *Agaricus blazei* Murill from all four stage of the mushroom lifecycle.

62. A method of preventing and treating a skin disorder comprising the steps of:

providing a composition comprising an *Agaricus blazei* Murill; and

administering at least about 10mg of said composition per day to a subject over a period of between about 10 and 30 days.

63. A method as described in claim 62, wherein an interval of between about 1 and about 10 days is provided between administrations of the compound.

64. A method as described in claim 62, wherein the composition is administered to the subject either orally or topically.

65. A method of preventing and treating an autoimmune disorder comprising the steps of:

providing a composition comprising an *Agaricus blazei* Murill; and

administering at least about 10mg of said composition per day to a subject over a period of between about 10 and 30 days.

66. A method as described in claim 65, wherein an interval of between about 1 and about 10 days is provided between administrations of the compound.

67. A method as described in claim 65, wherein the composition is administered to the subject either orally or topically.

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68. (New) A method as described in claim 65, wherein the autoimmune disorder is as skin disorder.

69. (New) A method as described in claim 31, wherein the autoimmune disorder is as skin disorder.